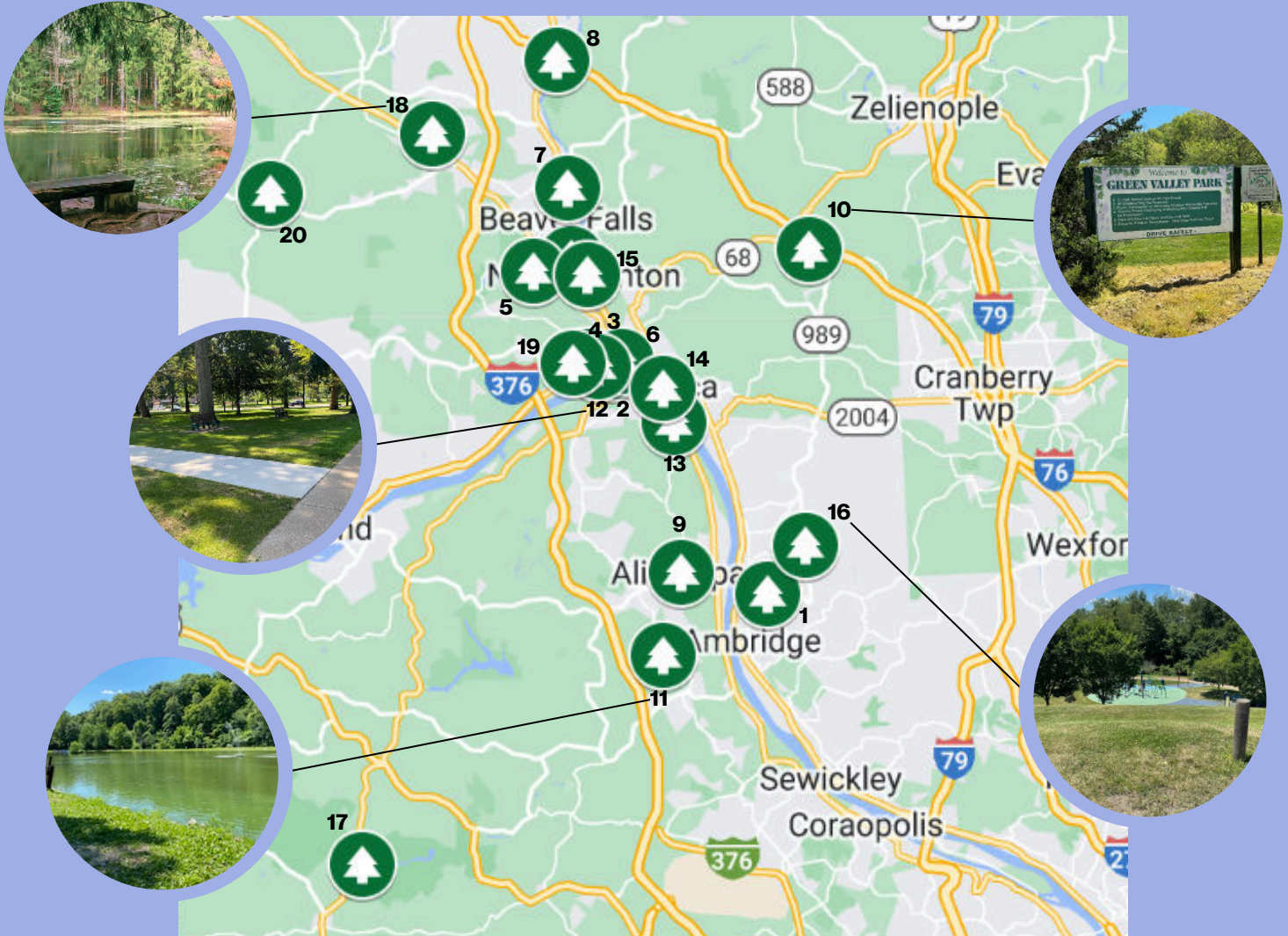


# BEAVER COUNTY PARKSRX



## Find a park near you!

1. Ambridge Borough Park
2. Beaver Greens Park
3. Big Rock Park
4. Bouquet Park
5. Bradys Run Park
6. Bridgewater Crossing
7. Brush Creek County Park
8. Buttermilk Falls
9. Center Municipal Park
10. Green Valley Park
11. Hopewell Community Park
12. Irvine Park
13. John A Antoline Memorial Park
14. Monaca Riverfront Park
15. Oak Hill Playground
16. Old Economy County Park
17. Raccoon Creek State Park
18. Sahli Nature Park
19. Shaw Park
20. South Beaver Recreation Park

# GET ACTIVE IN THE PARK!

A healthy lifestyle includes a combination of eating right and staying active. It is recommended that children get 60 minutes of physical activity daily, while adults should aim for 30 minutes per day. See below for suggestions on ways to be active in your Fayette County parks.

Outdoor Sports

Walking

Hiking

Biking

Nature Projects

Mindfulness Activities

Picnics

Scavenger Hunts

Swimming

Fishing

Boating

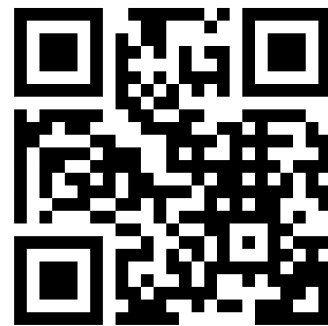
Playground Activities

Sightseeing

Exercising



**A low cost, safe, and practical way to improve your health. Work with your care provider to participate!**



For more information scan here or visit [parkrx.org](http://parkrx.org)